

Amendments To The Specification

Page 2, change the paragraph beginning on line 23 to read as follows:

SUMMARY OF THE INVENTION

~~These~~ The above objects generally are achieved according to a first aspect of the invention with the a shaft rod as defined in claim 1 and, particularly for a heald or heddle shaft of a weaving machine, including:

a carrier body which carries a shaft stave or on which a shaft stave is formed, at least one heald damping element supported on the carrier body, and wherein the heald damping element is supported to be movable transversely to the carrier body.

The above objects generally are achieved according to a second aspect of the invention with the a method as defined in the method claim. of fitting a heald shaft with healds or heddles and/or threading threads into the healds, wherein the fitting step and/or the threading step is performed on a heald shaft; with the damping element from at least one shaft rod of the heald shaft having been removed, and

after completing the fitting and/or the threading step, the damping element is mounted on the shaft rod.

Page 4, before line 20, insert the following:

BRIEF DESCRIPTION OF THE DRAWINGS

Page 6, before line 1, insert the following:

DETAILED DESCRIPTION OF THE INVENTION